

Use combinations of dried herbs
to create your favorite flavors.

For each of these recipes:

blend all ingredients together and place in a
glass jar. Cover tightly and store in a cool dry place.
Use in place of salt in your favorite recipes.

Mexican Blend™

½ teaspoon	garlic powder
½ teaspoon	onion powder
½ teaspoon	ground cumin
1 teaspoon	ground coriander
¼ teaspoon	ground red pepper
½ teaspoon	chili powder
½ teaspoon	cilantro

Table Shake™

½ teaspoon	garlic powder
1½ teaspoon	dry mustard
1½ teaspoon	basil leaves
½ teaspoon	ground celery seed
½ teaspoon	paprika
½ teaspoon	chili powder



Mediterranean Blend™

½ teaspoon	garlic powder
½ teaspoon	onion powder
½ teaspoon	ground cumin
1 teaspoon	ground coriander
¼ teaspoon	ground red pepper
1 teaspoon	oregano leaves
½ teaspoon	thyme leaves

Thai Blend™

½ teaspoon	garlic powder
½ teaspoon	onion powder
½ teaspoon	ground cumin
1 teaspoon	ground coriander
¼ teaspoon	ground red pepper
½ teaspoon	ground ginger
½ teaspoon	ground cinnamon

Special thanks to McCormick / Shilling for recipes provided.



Spice it up and taste the benefits

Season Without Salt

South Carolina Department of
Health and Environmental Control



South Carolina Department of Health
and Environmental Control

www.scdhec.gov

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Try growing your own herbs at home and reap even more benefits!

Growing herbs at home is not only cost-effective, but herbs from your garden are fresher and healthier. Use herbs and spices to add flavor to foods without adding salt, fat, or calories. Some herbs and spices provide protective health benefits, are rich in antioxidants, and may reduce your risk of developing heart disease, high blood pressure, and certain types of cancers.

Ready to plant your own herbs? A few herbs that grow well in South Carolina include:

basil	oregano
chives	parsley
cilantro	rosemary
dill	sage
mint	thyme

For more specific information about herbs, see the Herbs at a Glance booklet at nccam.nih.gov.

For more information about growing your own herbs visit: www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1311.html

Scan the QR code for heart-healthy tips or visit us online at www.scdhec.gov/hdsp



Seasoning Ideas

Food	asparagus	beef	beets	broccoli	carrots	cabbage	chicken	green beans	eggs	eggplant	fish	onions	peas	pork	potatoes	spinach	squash	tomatoes	veal
basil									•	•		•			•		•	•	•
bay leaf		•									•							•	•
chili powder							•												
chives															•				
cinnamon					•												•		
cloves			•																
cranberries							•												
curry powder											•								•
dill seed								•											
dry mustard							•		•		•								
garlic		•					•			•				•		•	•		
ginger			•		•												•		•
green pepper		•							•		•		•		•				
fennel					•														
lemon juice	•		•	•				•			•					•			
marjoram		•			•	•		•	•		•		•	•				•	•
mint					•	•		•			•				•				•
mushrooms		•					•		•		•								
nutmeg		•			•	•		•									•		
onion	•	•							•	•			•	•	•		•	•	
oregano				•		•		•		•				•				•	•
paprika							•		•		•				•				•
parsley							•		•						•				
pepper	•			•		•					•			•		•			•
poultry seasoning							•												
rosemary								•	•			•	•	•	•		•		
sage		•					•			•	•	•	•	•				•	•
tarragon			•			•	•	•			•								•
thyme		•	•				•	•	•	•	•	•	•	•	•			•	